Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mighty Muscles Guided Notes

Exploration- Discovery Education

<http://tinyurl.com/acf77xx>

In this Exploration you will select an action the human body can perform and watch as the muscles involved perform that action.

Heart Pumping

* Your heart is made of \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_—muscle that keeps \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, without any \_\_\_\_\_\_\_\_\_\_\_\_.
* With each \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, your heart \_\_\_\_\_\_\_\_\_\_\_\_ blood through your body, sending \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which means it’s automatic, and something you cannot \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Bending your Elbow

* It takes \_\_\_\_\_\_\_\_\_\_\_ muscles to bend your \_\_\_\_\_\_\_\_\_\_.
* Your \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ when you bend your arm, while the \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_.
* What must you do to straighten your arm?
* \_\_\_\_\_\_\_\_\_\_\_\_\_muscles are the ones that \_\_\_\_\_\_\_\_\_\_ your \_\_\_\_\_\_\_\_\_\_.
* These muscles are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which means you can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Blinking

* How many times do you blink without thinking in a minute? In an hour?
* What muscle contracts when you close your eyelid?
* Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_ surrounding the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ help you \_\_\_\_\_\_\_\_\_\_ your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ directions.

Nodding

* How many neck muscles does it take to nod your head up and down?
* The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_contracts when you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your head.
* When you pull your head back down, the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ contracts.

Rotating your Arm

* The action of turning your hand over is called\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_muscle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when you put your palm face up.
* What other two muscles contract when you turn your hand back over?

Twisting your Body

* In order to twist your body from side to side, the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ muscles must be used.
* On \_\_\_\_\_\_\_\_\_\_\_\_\_\_ side of your body, you have two important \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: the large \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ along the side of your body and the smaller \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ inside the hipbones.
* Describe what happens when you twist your body.